

St Teresa's Autumn Menu 2026 - Gluten Dairy Free

week 1 - 31 Aug / 21 Sep / 12 Oct / 9 Nov / 30 Nov				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta Peas	GF Chicken Nuggets Herby Potatoes Baked Beans	Chilli Beef Rice Sweetcorn	Roast Chicken Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Peas
week 2 - 7 Sep / 28 Sep / 19 Oct / 16 Nov / 7 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta Sweetcorn	Chicken Korma Rice	GF Sausages Wedges Baked Beans	Roast Turkey Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Peas
week 3 - 14 Sep / 5 Oct / 2 Nov / 23 Nov / 14 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta Green Beans	GF Chicken Burger Herby Potatoes Tomato & Cucumber	Free From Pizza Wedges Carrots	GF Sausages GF Gravy & Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Baked Beans
Daily Jacket Potato Selection - Tuna Mayonnaise, Baked Beans. Choice of Desert				
Omelette - Freshly prepared omelette, served with vegetables or Baked Beans. Choice of Desert.				

Desert - Choice of: **Daily Desert, Fresh Fruit, Fruit Yoghurt or Fruit Jelly**